

# Sisters for Yah

## Don't Forget to Remember

Remember ‘the good old days?’ Remember when we used to...? Remember when you could buy postage stamps for 10 cents and hamburger for 50 cents a pound? And, remember how it was so much better back then? But wait...some things we don't even want to remember!

There's a slang word, “retro,” which is the informal form of “retroactive.” It means “of, or designating, the style of an earlier time,” as in “retro clothing” or “retro furniture.”

People can get “hung up,” even obsessed by their “retro-memories.”

Our memories are held in our mind, and triggered by reminders. Things like a song, picture, scent, taste, or feeling can trigger memories and the emotions that were associated with them when they were formed. Good, or bad, warm or painful. 2 Corinthians 10:5b teaches us to be “taking captive every thought to make it obedient to the Messiah.”

Whatever you do recall to mind, endeavor to take those memories captive so that you will be exhorted, and strengthened by them in some way in your calling. This is the Way, walk ye in it” (Isaiah 30:21). This sometimes will take the form of being humbled as well, when we have regretful memories.

Other times it will be possible for us to exhort another sister or brother in Messiah, because we too have been through a similar trial. All we do needs to be tempered by self-control, a fruit of the Spirit of Yahweh—including our thoughts and memories.

Here are a few more Scriptures to help ‘jog *your* memory,’ on this journey we call the way:

*Therefore **remember** that you, once gentiles in the flesh, who are called “the uncircumcision” by what is called “the circumcision” made in the flesh by hands, that at that time you were without Messiah, excluded from the citizenship of Yisra’el and strangers from the covenants of promise, having no expectation and without Elohim in the world. But now in Messiah Yahshua ye who sometimes were far off are made nigh by the blood of Messiah, Ephesians 2:11-13.*

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## Don't Forget to Remember...,cont.

*Give thanks unto Yahweh, call upon His Name, and make known His deeds among the people. Sing unto Him, sing psalms unto Him, talk ye of all His wondrous works. Glory ye in His Holy Name; let the heart of them rejoice that seek Yahweh. Seek Yahweh and His strength, seek His face continually. **Remember** His marvelous works that He hath done, His wonders and the judgements of His mouth; O ye seed of Israel His servant, ye children of Jacob, His chosen ones. He is Yahweh our Elohim; His judgements are in all the earth. **Be ye mindful always** of His covenant; the word which He commanded to a thousand generations, I Chronicles 16:8-15.*

*I have considered the days of old, the years of ancient times. **I call to remembrance** my song in the night: I commune with mine own heart: and my spirit made diligent search. And I said this is my infirmity: but **I will remember** the years of the right hand of the most High. **I will remember** the works of Yah: surely **I will remember** the wonders of old, Psalms 77:5-6 & 10-11.*

Let's all make an effort, when we recall anything from our past experience, to take those thoughts captive and use them to strengthen our walk and encourage our sisters and brothers in Messiah as we continue this wonderful journey to the Kingdom of Yahweh!

By Sister Melodie Illgen

## We all fall short

This life is not easy. Walking this faith comes with many challenges and pitfalls. Sadly, I heard someone recently say, "Why even worship Yahweh when I'll never be able to live up to His standards?" Good question. I always think of babies learning to walk. They fall many times, but



always get right back up and keep trying. Eventually they are running around the house. Failure is not fatal. Yahweh always lovingly restores those who turn back to Him. One of my favorite parables in the Bible is the Prodigal Son. Like the father in the passage, Yahweh is always so happy when His children return to Him.

Remember how Peter denied Messiah? That would have been the perfect opportunity for Yahshua to reject him. But instead He forgave the repentant Peter. We can't let our failures define who we are. If you are a parent, you know that your children disappoint you periodically (or all the time!), but you don't stop loving them. If we, as imperfect parents, feel this way, how much more so our Heavenly Father. Stop reading right now, and thank Him for His forgiveness, mercy and grace! Never forget that He loved us so much, He even sent His Son to die for us. So dust yourself off and keep walking forward!

## Our Anchor

The author of Hebrews encouraged us to not throw away our confidence in our future hope. Yahweh is our Anchor, so that we will not drift away. If we hold on to Him, we will not be shaken loose, even from the fiery darts of Satan. The Kingdom is coming. Hold fast in the rough and stormy sea!



## Health News

### AVOID THE STRESS EPIDEMIC

There's no denying it, our modern lifestyles have created a stress epidemic. Chronic stress depletes B vitamins in our bodies. It's a good idea to add a B Complex supplement to your diet if you find yourself under a lot of stress. Also, if you are consuming a lot of caffeine, consider switching to green tea which contains L-theanine, which studies show can have a calming effect. Getting more exercise can help too, and it doesn't even have to be strenuous. A nice walk around the neighborhood or park can help. Also, don't forget the "sneaky stressors" in your life such as poor sleep, emotional or mental health concerns, injury or illness, and nutritional deficiencies. Address these issues to feel better. Being "mindful" can make a difference too. Instead of worrying about the next day, week, or month, try being present in the here and now. Deep breathing also works.



### FISH OIL SUPPLEMENTS HAVE BIG HEALTH BENEFITS

Studies show that children whose mothers took fish oil capsules while pregnant and breastfeeding were less likely to have allergies. Just be sure the fish oil supplement comes from a Biblically clean fish such as salmon. In addition, fish oil supplements have been shown to boost immunity in adults.

### FRUIT AND VEGGIES REDUCE RISK OF DISEASE

By now, this should be common knowledge, but the more fruits and veggies one consumes, the less heart disease and cancer risk. In addition, a plant based diet in general has the most benefits of any diet. Plan to eat smaller amounts of animal products. The biggest benefit of consuming large amounts of plant based foods is the risk of colon cancer is almost eliminated, probably due to the high fiber found in plant items. Frozen fruits and veggies appear to be just as healthy as fresh, with no loss of vitamins and minerals.

## Best Natural Cleaning ideas

—Stinky hands after chopping onions? Try rubbing used coffee grounds on your hands! You can also place some in the fridge to absorb odors.

—Polish tarnished silver with a paste of cornstarch. Wipe with a clean cloth.

—Use a slice of bread to mop up a spill or safely pick up small pieces of broken glass.

—Hard to clean narrow vases and jars? Place some uncooked rice and soapy water in them. Cover and shake. The rice will scour the inside.

—Unclog a sink with baking soda. Pour one cup down the drain. Follow with one cup of white vinegar. Let set five minutes. Then pour in one gallon of boiling water.



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## Vitamin C Family Citrus Drink

(makes 1 gallon)

- 4 lemons
- 4 limes
- 4 oranges
- 3 quarts water
- 1 1/2 cups sugar (or substitute honey to taste)



Squeeze the juice from the lemons, limes, and oranges. Blend with the water and sweetener.

## Cider-braised Apples, Brussels Sprouts, and Chicken

- 4 slices turkey bacon, sliced thin
- 8 bone in, skin-on chicken thighs
- 2 tart apples, cored and cut in wedges
- 1 1/2 cups apple cider
- 2 t. dried thyme
- 2 T. whole grain mustard
- 1 t. kosher salt
- 2 cups trimmed and halved Brussels sprouts



In a very large skillet cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet. Add chicken, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet. Add apples to the skillet and cook 4 minutes or until browned on both sides; remove from skillet. Drain and discard drippings from skillet. Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits. Bring to boiling; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes. Add Brussels sprouts. Cover and cook 5 minutes. Add apples and cook, uncovered, 3 to 5 minutes more or until chicken is done (at least 175 degrees F). To serve, divide chicken thighs, Brussels sprouts, and apples among shallow bowls or plates. Spoon cider mixture over top. Sprinkle each serving with bacon. Serves 4.